





## Biogen Product Enrichment

	<p><b>Carbogen:</b></p> <ul style="list-style-type: none"><li>- Biogen Carbogen Low GI is an advanced Carbo-loading and Intra-exercise formula.</li><li>- It contains the trademarked ingredient Palatinose™ (Isomaltulose), which is a source of both glucose and fructose.</li><li>- Palatinose is a LOW GI carbohydrate source – it releases energy gradually while promoting the storage of glycogen in muscle during carbo-loading, and the utilization of fat stores during training/events.</li><li>- Muscle glycogen is a vital energy source for the body. Biogen Carbogen Low GI is enhanced by the inclusion of antioxidants.</li><li>- The risk of overtraining can also be reduced by providing sufficient electrolytes, phosphates and amino acids (1125mg L-glutamine), all of which are present in this formulation.</li><li>- Informed sports certified.</li><li>- No artificial colorants.</li></ul>
	<p><b>L-Glutamine</b></p> <ul style="list-style-type: none"><li>- L-Glutamine is an anti-catabolic amino acid.</li><li>- For use after strenuous exercise. and during intense training, your muscle L-Glutamine levels drop sharply. This, in turn, decreases strength, stamina and recovery.</li><li>- Research demonstrates that following a rigorous workout, it may take up to six days for L-Glutamine levels to return to normal.</li><li>- Without adequate levels of L-Glutamine, it is impossible for protein synthesis to occur.</li><li>- Research demonstrates that active muscles can benefit from a minimum of 2 to 5 additional grams of L-Glutamine daily.</li><li>- Biogen L-Glutamine is the ideal recovery supplement to assist individuals after strenuous exercise.</li></ul>
	<p><b>Cytogen:</b></p> <ul style="list-style-type: none"><li>- Biogen Cytogen Race Mix (Multi-stage energy, high performance energy drink) contains a blend of moderate and faster releasing carbohydrates (Isomaltulose, agglomerated maltodextrin, dextrose monohydrate and corn syrup solids), making it an ideal endurance performance solution to help satisfy both immediate energy requirements as well as sustained energy for longer periods of exercise.</li><li>- In addition to the powerful, multi-stage energy release sources, important electrolytes, phosphates and amino acid are included to replenish what is lost during exercise and assist with recovery.</li></ul>

	<ul style="list-style-type: none"> <li>- Informed sports certified.</li> <li>- No artificial colorants.</li> </ul>
	<p><b>Recovergen:</b></p> <ul style="list-style-type: none"> <li>- Biogen Recovergen supplies a carefully formulated combination of ingredients that will help mend and build muscles, whilst regenerating energy stores as fast as possible.</li> <li>- This upgraded formulation provides the scientifically recommended 4:1 ratio of carbohydrate to protein, through fast-acting sources such as maltodextrin and hydrolysed whey protein.</li> <li>- The body's natural instinct to immediately replace muscle glycogen (our first and main source of energy) means that it will use whatever nutrients are available, and will break down muscle tissue for this energy, resulting in muscle wastage.</li> <li>- Biogen Recovergen is also high in Branched Chained Amino Acids (BCAAs), and has been formulated with antioxidants, electrolytes, vitamins and Alpha-lipoic acid, providing a good, compact recovery solution for use after strenuous training/events.</li> <li>- Informed sport certified.</li> </ul>
	<p><b>Iso-whey</b></p> <ul style="list-style-type: none"> <li>- Biogen Iso-whey premium protein is a protein shake with high levels of EAAs and BCAAs.</li> <li>- Biogen's Iso-whey contains a Tri Matrix Protein which contains Whey Protein Hydrolysate, Whey Protein Isolate, Whey Protein Concentrate. It is easily absorbed, and isolated whey has been shown to have a high Biological Value versus most other whole food protein sources.</li> <li>- This blend of whole proteins will help enable you to maintain a muscle sparing environment during intense exercise, as well as help reduce recovery time.</li> <li>- Informed choice certified.</li> </ul>
	<p><b>Amino Power</b></p> <ul style="list-style-type: none"> <li>- AMINO POWER+ offers a scientifically formulated combination of Branched Chain Amino Acids (BCAAs), as well as Caffeine, L-Glutamine, Beta-alanine and Citrulline Malate for athletes looking to train harder for longer, whilst supporting muscle recovery.</li> <li>- There is a caffeine free option.</li> </ul>



### **Creatine**

- Creatine Monohydrate is one of the most popular sports nutrition supplements in the world due to its ability to increase your strength, power and lean body mass.
- Creatine is stored mainly in the skeletal muscle tissue where its primary role is to restore Adenosine Tri-Phosphate (ATP), which improves the ability of the muscle to produce energy during exercise, as well as speed up recovery after intense physical activity.



### **Beta ZMA**

- Biogen BETA-ZMA is produced using a unique blend of Zinc monomethionine aspartate, Magnesium and Vitamin B6.
- This specific mixture is one of the top supplements used by strength and power athletes, bodybuilders and endurance athletes.
- Deficiencies in Zinc and Magnesium occur frequently in athletes, which can result in reduced testosterone levels, lack of performance, reduced recovery, cramps and fatigue.
- Biogen BETA-ZMA is a balanced formulation that contains a potent combination of ZMA powder, vitamins as well as Beta-alanine.